

# Relationships and Moral Education Lessons : Puberty

Archdiocese of Glasgow  
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In the Name of the Father,  
and of the Son,  
and of the Holy Spirit. Amen.



*Psalm 139 For it was you who formed my inward parts;  
you knit me together in my mother's womb.  
I praise you, for I am fearfully and wonderfully made.  
Wonderful are your works; that I know very well.*



*My frame was not hidden from you,  
when I was being made in secret,  
intricately woven in the depths of the earth.  
Your eyes beheld my unformed substance.*

## Learning Outcomes:



I can recognise that I have been growing and developing since I was born. I have grown physically, emotionally, socially and spiritually.

I also recognise that all human beings follow a similar pattern of growth and development and that this begins from the moment of conception.

I can describe the different stages of development of a baby in the womb as it matures in readiness for birth.

Each new baby is a miracle of new life.



A baby grows in its mother's womb  
for 9 months.



During that time he or she is developing  
and changing all the time.

Different parts of the baby's body  
develop at different times during the  
9 months.



Lesson 1

## Did you know?

A Baby's heart begins to beat only 3 weeks after it has Started to grow in the womb.



At 5 or 6 weeks, the baby's fingers and toes begin to grow and by 9 or 12 weeks it can curl its fingers into a fist.

Eyebrow and eyelashes appear at 20 weeks.



The baby's eyelids can open and close from 26 weeks onwards.

This is a scan of a baby in the womb.  
The image or scan picture is made by sending out ultrasound waves which echo through the mother's abdomen (tummy).



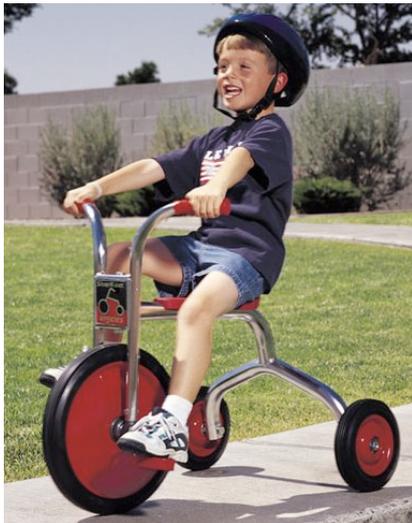
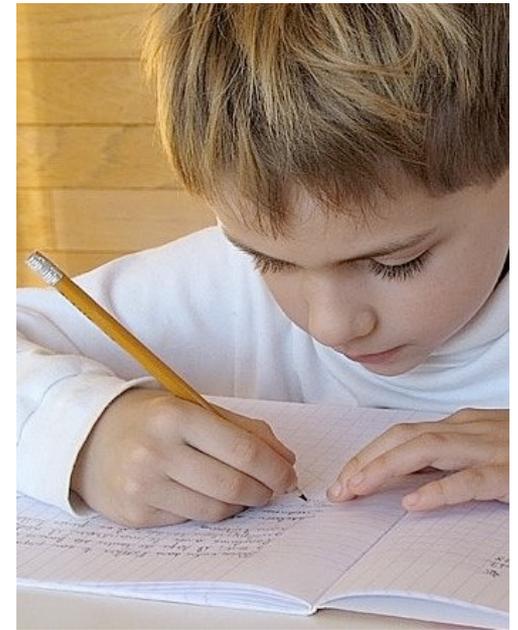
These waves bounce off the baby and are sent back to a computer which generates an image of the baby.

The baby is not harmed by this.  
Lesson 1

A baby grows in its mother's womb for nine months. During that time it is developing and changing all the time.



Think how you have changed and grown since you were a baby? Particularly the last few years and months...



# Prayertime

We light a candle and remind ourselves that we are in the presence of God.

We give thanks for the wonder of our selves, body, mind and spirit.

We pray with gratitude for all the people who have cared for us and brought us to this moment.

We pray that the Holy Spirit will inspire us to live well and never forget the great and precious gift of life.

We make our prayer through Jesus Christ, Our Lord.

We pray to Mary, Our Mother. Hail Mary...

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Lesson 2

*Then God said, 'Let us make humankind in our image, according to our likeness;*



*So God created humankind in his image, in the image of God he created them; male and female he created them. Genesis 1:*

Lesson 2 & 3

God has given you an amazing body.  
Think about all that it can do?



Your body has been changing since you were born. Once you were a baby then a toddler and then you were a small child. You are now at an age when your body will change gradually from a child's body to an adult's body.

Lesson 2&3

These changes won't happen suddenly and your body won't be fully developed for a few more years.



This time in your life is called puberty. All your friends will go through stage, just like you. However, no two children begin to change at exactly the same time. Everyone is different.

Lesson 2&3

Puberty is part of God's plan for you. Some day when you are an adult, you may want to have children.



Your body needs to change before this can happen. Puberty is the time when these changes begin to take place.



In the future, many years from now, you may become a parent. If you do, you will be sharing in God's creative plan. This is a great gift.

Something to discuss?

Have you heard of puberty before?

How did you hear about it?



Do you know what happens at puberty?  
Think quietly about what you know...

Lesson 2&3

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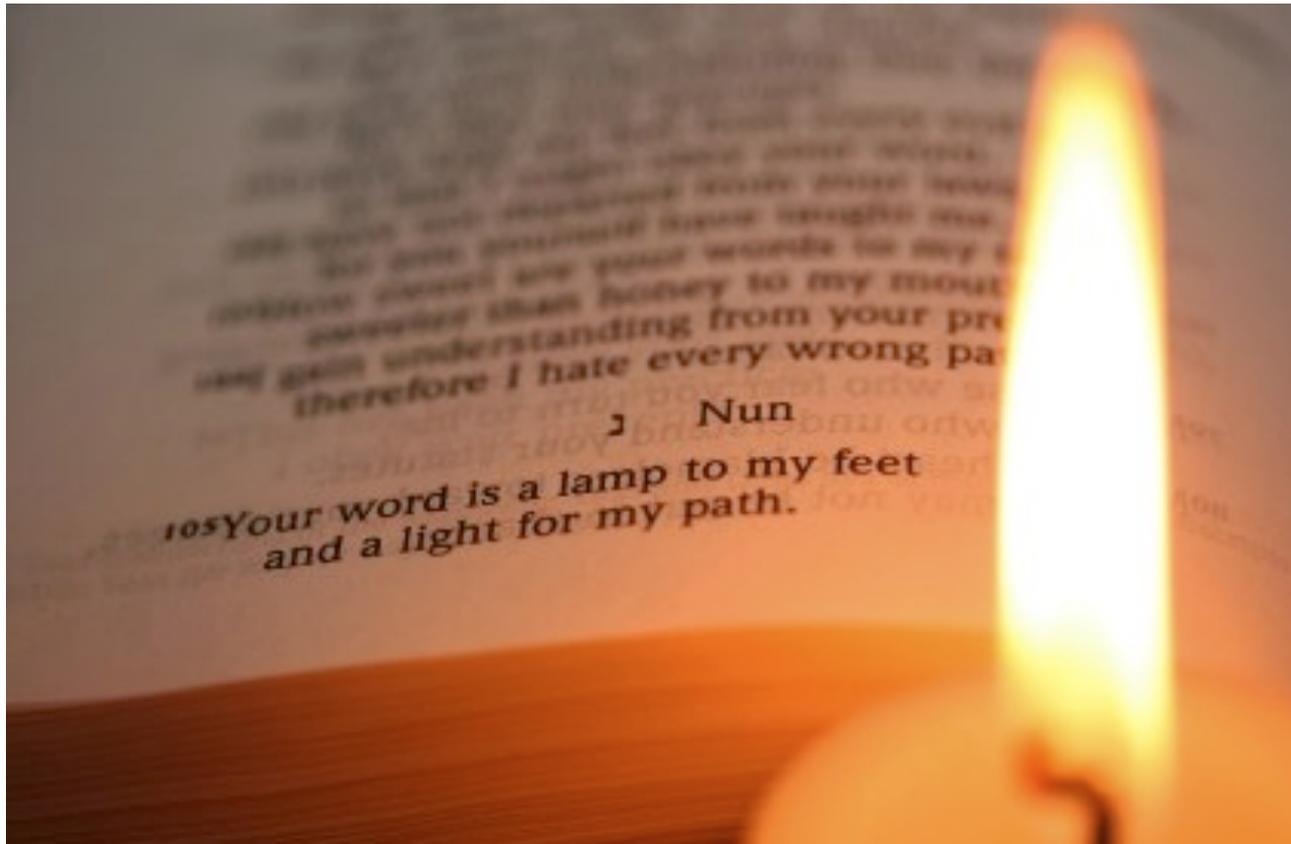
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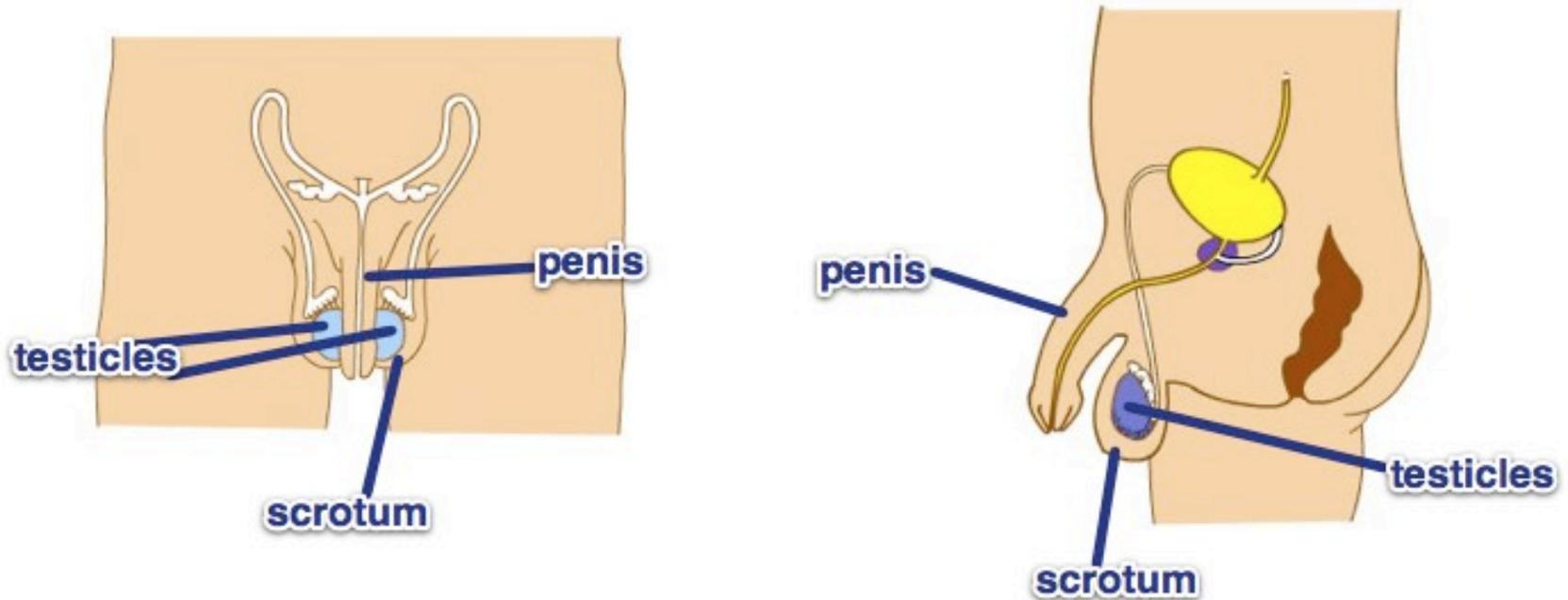
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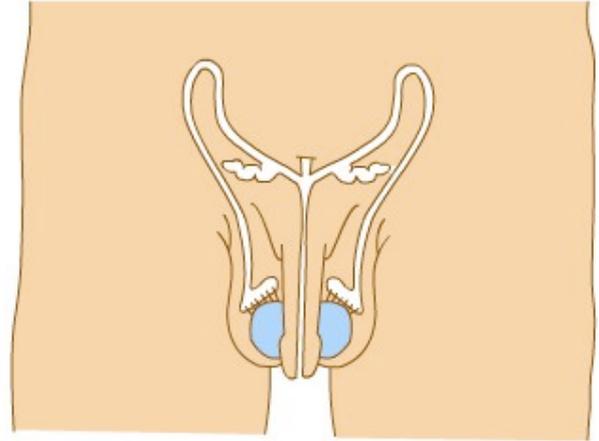


In order to know what happens at puberty, we need to know About certain parts of the human body, the sexual organs.

## The Male Sexual Organs



# Sperm Cells



The cells in a man's body that can help to create new life are called sperm cells. They are so small that they can only be seen through a microscope.

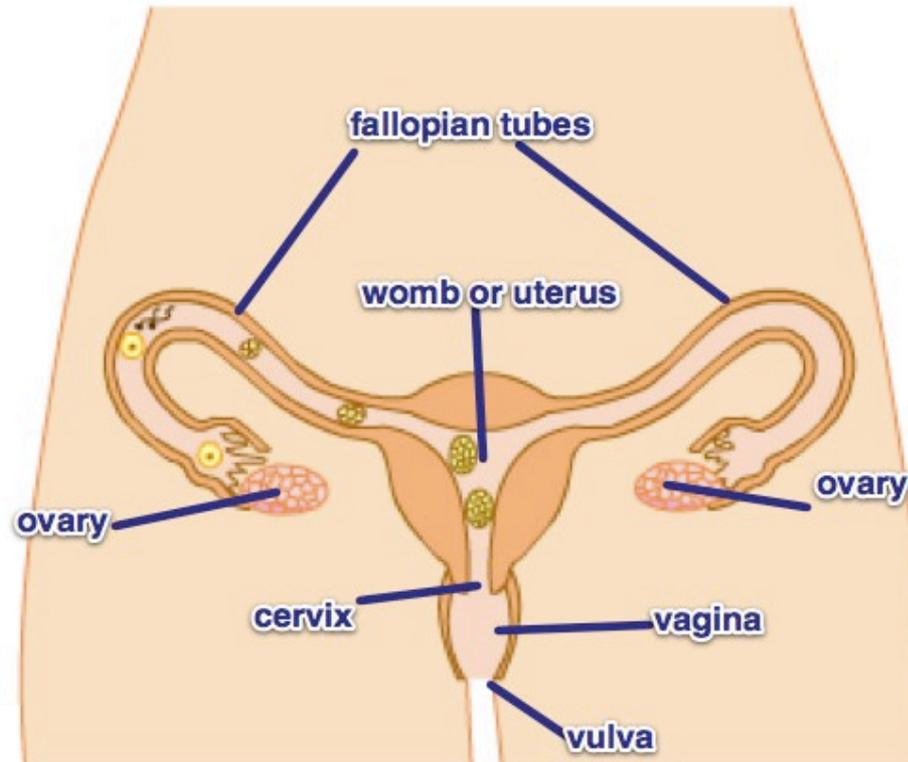
Sperm cells are produced inside the testicles.

A man has two testicles inside the scrotum, which is a little bag underneath the penis.

Lesson 2&3

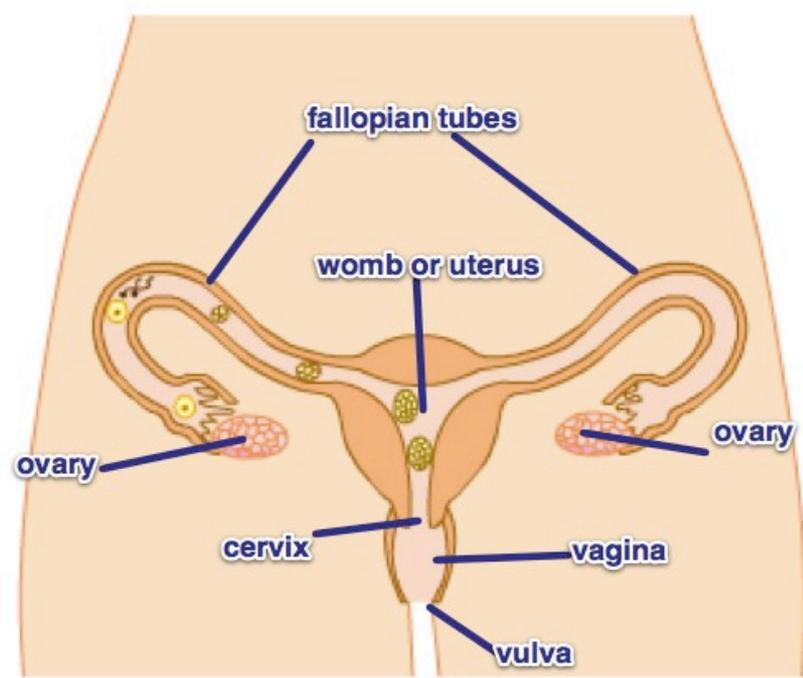
In order to know what happens at puberty, we need to know about certain parts of the human body, the sexual organs.

## The Female Sexual Organs



Most of the female sexual organs are inside the body.

The part outside the female body that can be seen is called the vulva. The other parts are inside the body.



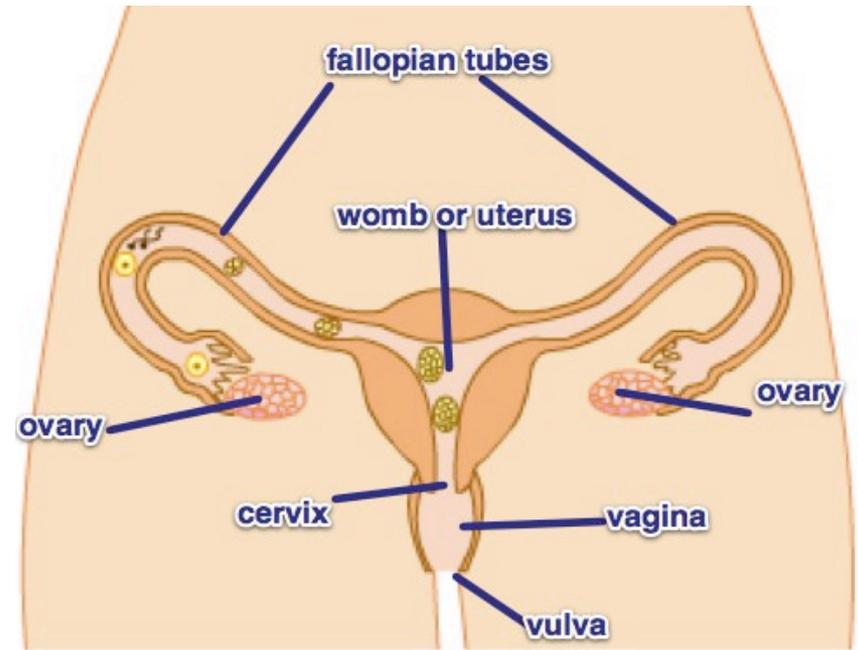
*The vagina leads from the vulva to the cervix,  
which is the opening to the womb.*

*Another name for the uterus is the womb.*

*Tubes go from the womb to the ovaries.*

*They are called the fallopian tubes.*

## Egg cells or ova



Every human being is made up of cells. The cells in a woman's body that can help create a new life are called egg cells.

The egg cells or ova are tiny, about the size of a grain of sand. They are stored in the ovaries.

Lesson 2&3

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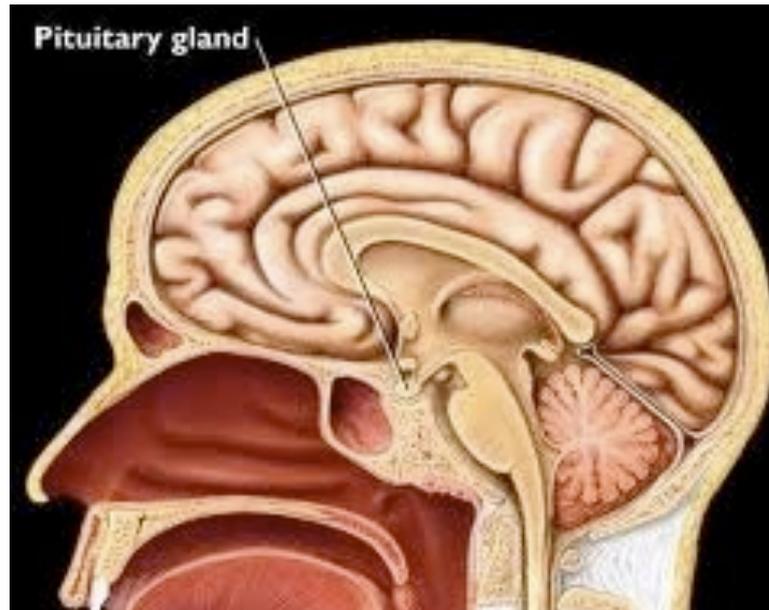


Lesson 2

Now that we know a little more about the human body, let's think about puberty again.

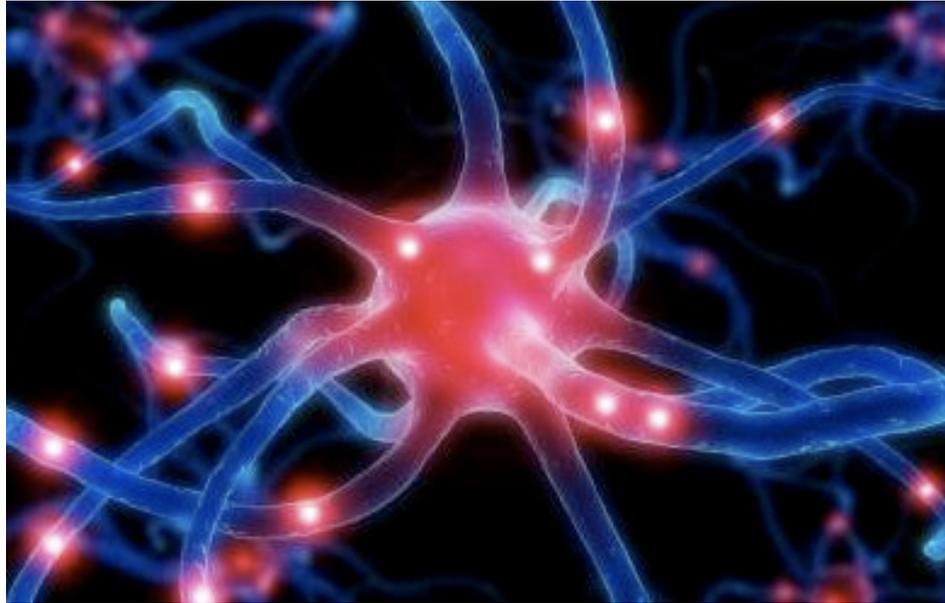
What makes puberty begin in a young person's body?

How does the human body know when to start changing?



Inside the brain there is a gland called the pituitary gland.

Puberty happens when this gland sends out *hormones* into the bloodstream.



These hormones carry messages around the body.  
In boys they carry messages to the testicles.  
In girls they carry messages to the ovaries.

When this happens, puberty begins.

# What happens to boys at puberty?



Penis and testicles grow larger.

Body hair can grow on the face chest, back, on arms  
and under arms

Body hair grows around the pubic area, where the  
sexual organs are. This is called pubic hair.

Muscles and bones develop.

## Lesson 2&3

### What happens to boys at puberty?

The testicles begin to produce and store sperm cells.

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All this can take several years to happen.  
It is all part of God's plan for boys.

## Lesson 2&3

# What happens to girls at puberty?



The breasts begin to grow larger

Body hair grows under the arms and on the legs.

Body hair grows around the pubic area, where the sexual organs are. This is called pubic hair.

The voice becomes a little deeper.

## Lesson 2&3 What happens to girls at puberty?



Height and weight increase

The hips widen.

Menstruation begins.

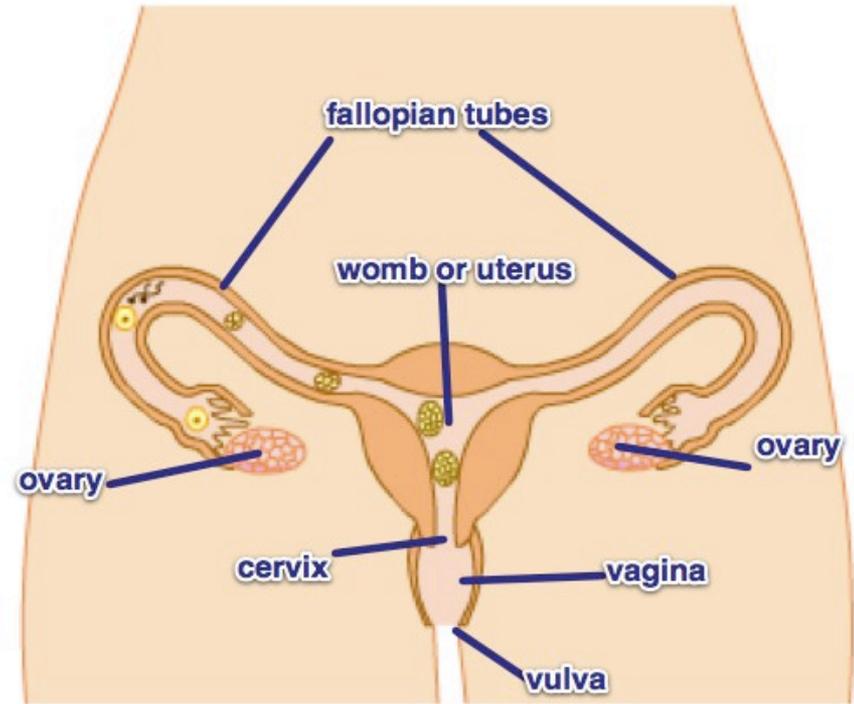
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All of this can take several years to happen.

It is all part of God's plan for girls.

You will need to know about this to understand menstruation.

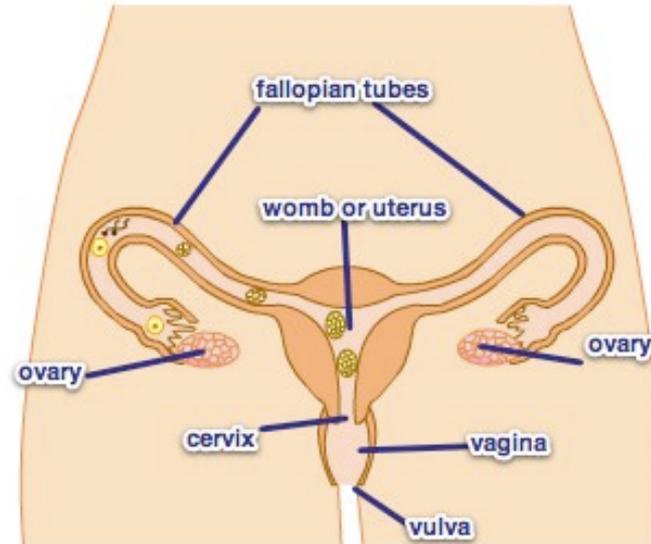
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# Understanding Menstruation

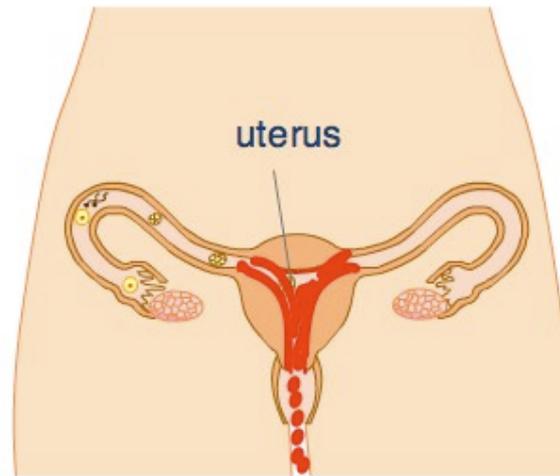


About once a month an egg cell moves from one of the ovaries to the nearest fallopian tube.

When this happens the womb develops a thick lining full of blood vessels. The lining builds up gradually over 28 days.

This happens because the womb is preparing to be the place  
Where a baby can grow.

A baby can only grow if a woman's egg is fertilised by sperm from a man's body.



If fertilisation doesn't happen, the lining of the womb breaks down and leaves the woman's body through the vagina.

This is called menstruation.

Another name for menstruation is a period, because it happens every month for a period of four to six days.

Menstruation is part of God's plan for girls.

Lesson 2&3

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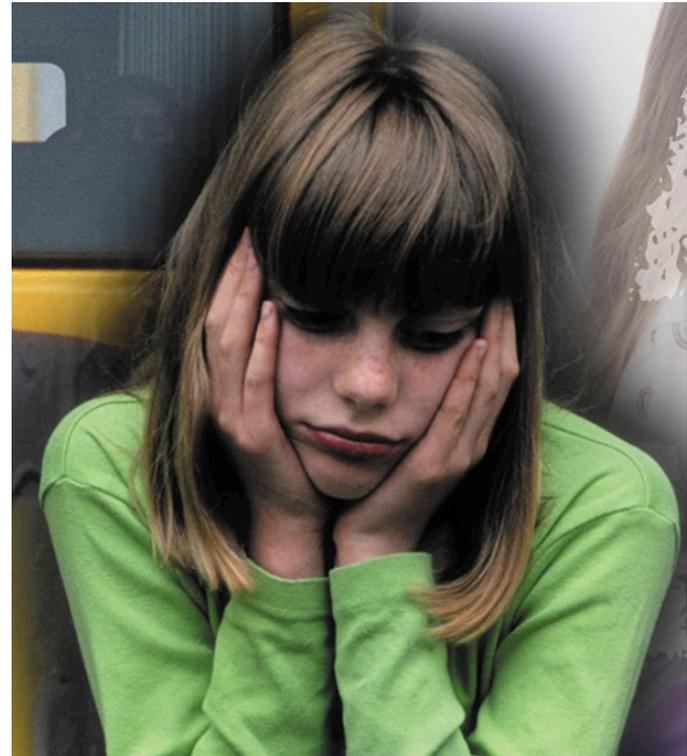
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The hormones that trigger the physical changes of puberty, also bring emotional changes in boys and girls.



Feelings can swing backwards and forwards, and you may feel like laughing at one moment and crying the next.



Boys particularly can experience strong feelings of anger.

Sudden mood changes are partly caused by the increasing amount of hormones in the body.



Talking to a friend or someone you trust can help to relieve your feelings.

Mood changes are only temporary, and will settle down with time.

# How do you calm down when you feel upset or angry?

## Ideas for calming down:

Give yourself thinking time -then decide what to do!

Tell yourself you can handle this !

Say to yourself be calm ,be calm,be calm

Walk away from a conflict situation

Count backwards from 10, 20, 100

Tell someone else how you feel

Breathe deeply - in and out five times

Tense and relax your muscles

Take some exercise

Go into a deserted place and shout

Feel your pulse

Picture yourself dealing with the situation calmly and strongly



Always remember that prayer is an excellent way to become calm.

At any time in your day, you can become still, be attentive to your breathing and remind yourself that you are in the presence of God.



You can bring all your thoughts, experiences and feelings before the Lord trusting in his love and mercy.

For surely I know the plans I have for you, says the Lord,  
plans for your welfare and not for harm,  
to give you a future with hope.  
- Jeremiah 29:11

We know that all things work together for good  
for those who love God,  
who are called according to his purpose.  
- Romans 8:28



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